

Purchase:

Quick-energy snacks (granola bars, raisins, peanut butter)
 6 rolls of paper towels
 3 boxes of facial tissue
 Sunscreen
 Anti-diarrhea medicine
 Latex gloves- if no allergies to latex
 (Buy 6 pairs and put in first aid kit)

Activities:

Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.)
 Put an extra pair of eyeglasses in the supply container
 Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home
 Find out about your workplace disaster plans

Purchase:

Whistle
 A-B-C fire extinguisher
 1 large can of juice per person
 Adult and children vitamins
 A pair of pliers and/or vise grips

Activities:

Take a first aid/CPR class
 Identify neighbors who might need help in an emergency (limited mobility, health problems, children home alone, etc.)
 Show family members where, when and how to shut off the utilities

Purchase:

Box of crackers or graham crackers
 Dry cereal
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 cabinet doors and drawers
 1 box of large, heavy-duty garbage bags
 Camping or utility knife

Activities:

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 to prevent them from falling and/or opening during earthquakes
 Meet with neighbors to inventory expensive equipment that could be shared in the event of an emergency, such as chain saws, chippers/shredders, utility trailers, snow blowers, and 4-wheel drive vehicles

Purchase:

Extra batteries for flashlights, radio, and hearing aids (if needed)
 Heavy rope
 Duct tape
 Crowbar

Activities:

Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers, and quarters for pay phones and vending machines.
 Secure water heater to wall studs (if not already done)
 Identify locations of pay phones in your neighborhood

Purchase:

Hammer and assorted nails
 Screwdrivers and assorted wood screws
 Heavy duty plastic tarps or plastic sheeting
 Extra toothbrush per person and toothpaste

Activities:**Purchase:**

Package of paper plates
 Package of napkins
 Package of eating utensils
 Package of paper cups
 Masking tape
 Kitchen-size garbage bags (1 box)

Activities:

Make arrangements to have someone take care of your pets if you are at work when an emergency occurs
 Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency
 Start a Neighborhood Watch Program, if none exists

Purchase:

Heavy work gloves
 Box of disposable dust masks
 Safety goggles
 Antiseptic
 Sewing kit

Activities: